

Sweet Potato Biscuits

(makes 18 biscuits)

- butter-flavored cooking spray or baking parchment paper
- 2 1/2 cups (312.5 g) sifted unbleached all-purpose flour
- 2 tablespoons (24 g) spoonable brown sugar substitute
- 2 teaspoons (10 ml) baking powder
- 1 teaspoon (5 ml) baking soda
- 1/2 teaspoon (2.5 ml) ground nutmeg
- 1/2 teaspoon (2.5 ml) salt
- 1/2 teaspoon (4 g) granulated sugar
- 1/4 cup (59 ml) canola oil
- 3/4 cup (177 ml) + 2 tablespoons (30 ml) cultured nonfat buttermilk
- 3/4 cup (180 g) mashed cooked sweet potato

1. Preheat oven to 425°F (220°C). Lightly spray a nonstick baking sheet with cooking spray or line with parchment paper.
2. In a large bowl, combine flour, brown sugar, baking powder, baking soda, nutmeg, salt, and sugar.
3. In a large measuring cup, combine oil, buttermilk, and mashed sweet potato. Add to the dry ingredients and mix until just combined. (The dough will be quite dry).
4. Transfer dough to a floured work surface. Knead a few times and pat to 1 inch (2.5 cm) thickness rectangle about 8 inches X 5 inches (20 cm X 12.5 cm). Dip a sharp knife in flour, then cut the dough into thirds lengthwise. Then cut each long strip into 6 equal pieces, making 18 squares in all. Transfer biscuits to prepared baking sheet.
5. Bake about 12 to 13 minutes, until tops are golden and firm to the touch. Serve warm.

Per biscuit: 104 calories (29% calories from fat), 2 g protein, 3 g total fat (0.4 g saturated), 16 g carbohydrate, 1 g dietary fiber, trace cholesterol, 204 mg sodium

Exchanges: 1 carbohydrate (1 bread/starch), 1/2 fat